The PETS Project: A Progress Report

Sponsored by:

Center for Substance Abuse Treatment Substance Abuse and Mental Health Services Administration

Prepared by:

Westat & the PETS Team

April 13, 2001

Overview of Presentation

- Brief introduction to the PETS Team and Studies
- Summary of the status of the 9-site data collection effort
- Report on analysis plans and presentation/publication activities
- Report on supports to provider community
- Summary of overall project status

PETS Core Team Members

- Westat (Prime contractor, Rockville, MD)
- DeltaMetrics (Philadelphia, PA)
- University of California Los Angeles Drug Abuse Research Center (Los Angeles, CA)
- The Lewin Group (Falls Church, VA)
- Chestnut Health Systems for PETS-A (Bloomington, IL)

PETS Center for Substance Abuse Treatment's (CSAT) Persistent Effects of Treatment Study Sites



University of Arizona, Tucson, AZ

Abuse and Mental Health Services Administration

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(SAMHSA), Rockville, MD

The PETS Adult Studies

- Two Adult Treatment Network Sites from CSAT's Target Cities Program
 - Cuyahoga County, OH
 - University of Akron (Akron, OH)
 - Alcohol and Drug Abuse Services Board of Cuyahoga County Treatment Network (Cleveland, OH)
 - Chicago (West Site), IL
 - Chestnut Health Systems
 - I Central Intake Target Access Point (CITAP) Treatment Network (Westside of Chicago, IL)

The PETS-A Adolescent Studies

7 Adolescent Study Sites

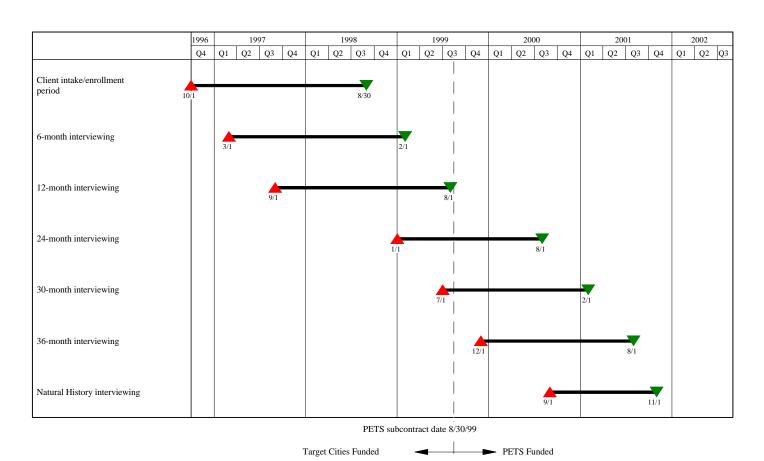
- 4 Outpatient Sites from CSAT's CYT program
 - Farmington, CT: University of Connecticut Health Center
 - St. Petersburg, FL: Operation PAR, Inc.
 - Madison County, IL: Chestnut Health Systems
 - Philadelphia, PA: Children's Hospital of Philadelphia
- 3 Residential Sites from CSAT's ATM program
 - I Tucson, AZ: (University of Arizona &) La Canada
 - Los Angeles, CA: (RAND Corporation &) Phoenix House
 - Oakland, CA: (Public Health Institute &) Thunder Road

Cuyahoga Study Background

- Sample includes all major treatment modalities (outpatient, intensive outpatient, methadone, halfway houses, residential)
- CSAT Target Cities grantee with baseline, 6-, & 12-month interviews of 1,380 clients
- PETS adds follow-up interviews at 24, 30, and 36 months
- Outstanding substance abuse treatment administrative data identifies every treatment session
- Obtaining biological markers & criminal justice data
- Natural history sub-study with 250 clients

Cuyahoga Study Schedule





Cuyahoga Current Status

- We have complete data through 24 months and partial data from 30-month (1004 cases) and 36-month (740 cases) interviews
- 36-month interviews to be completed by year's end
- Natural history sub-study interviews about 1/3 complete
- Criminal justice data collected for about 200 clients
- Updated MIS data delivery due imminently
- Response rates are respectable and improving

Cuyahoga Provider Activities

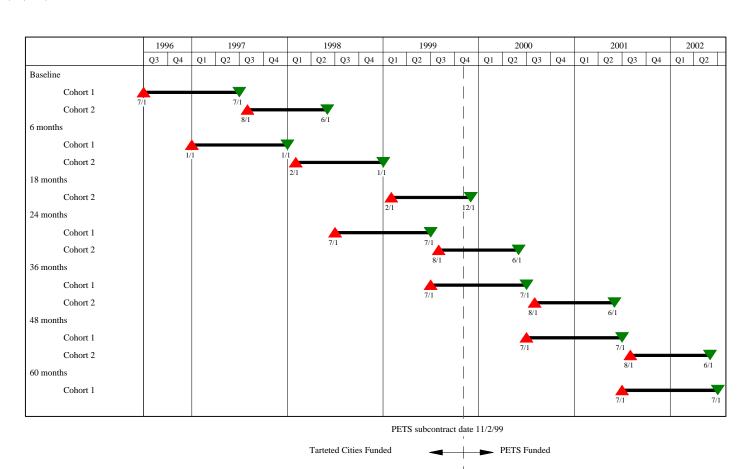
- Cuyahoga County Drug Board has used the PETS/Target Cities research project to spur systems improvements
 - Provider workshops on "Using Evaluation for Program Improvement"
 - Presentation to the Drug Board Planning Committee on "Target Cities Findings and Implications for Service Delivery"
 - Standardized intake/follow-up interviews
 - Efforts to promote enhanced clinician credentials
 - Narrative client summaries to aid treatment planning

Chicago Study Background

- The CITAP network consisted of 22 SDUs (outpatient, intensive outpatient, methadone, halfway houses, residential) in 12 facility locations, administered by 10 agencies on Chicago's west side.
- The baseline sample of 1,326 was stratified by level of care and time cohort (before/after implementation of a central intake unit)
- Original grant covered interviews at baseline, 6, 18 (cohort 1 only), and 24 months
- PETS extends interviews to 36 and 48 months for both cohorts and to 60-months for 1 cohort
- Response rates over 90% by wave (96% at 48 months)
- ASI data, urine tests, treatment records, criminal justice records, and other data

Chicago Study Schedule

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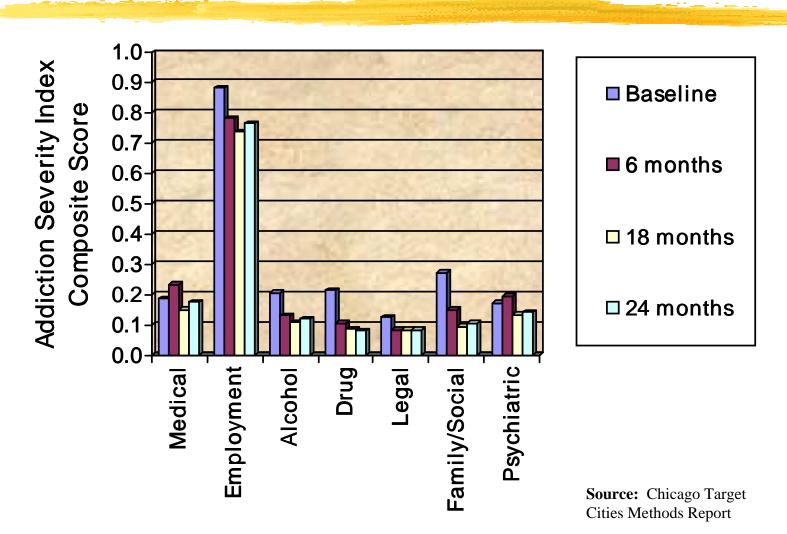
Chicago Study Current Status

- We have all data through the 24-month round for both cohorts
- Nearing completion of 36-month round for 2nd cohort; 48-month round for 1st cohort
- Will complete all interviews in Summer 2002, including 60-month interviews for cohort 1
- Illinois state treatment MIS data for fiscal 1994 to 2000 is in hand and being updated annually
- In process of obtaining and coding life-time criminal history information from State Police

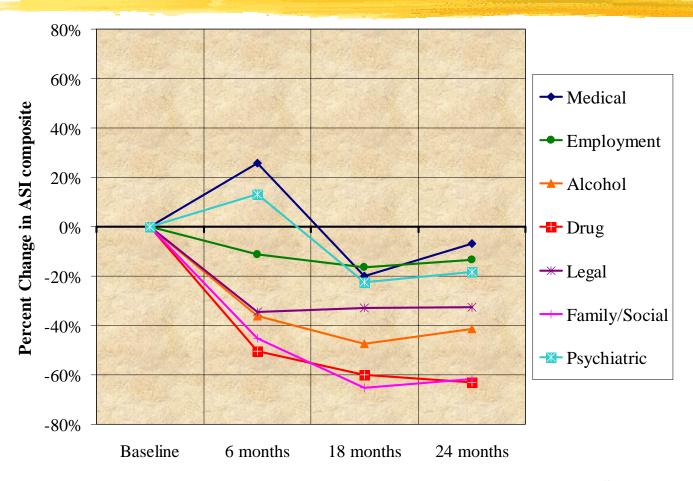
Chicago Provider Activities

- Chicago PETS/Target Cities data was used in a number of ways to support Illinois providers
 - To generate outcome reports for each participating treatment agency, by treatment unit
 - I To generate technical reports for the State on client characteristics, comorbidity, case flow, actual treatment received, outcomes, & to evaluate placement decisions
 - To make presentations to regional & state-wide provider meetings
 - To generate 11 provider newsletter articles

Persistent Effects of Treatment



Persistent Effects of Treatment



Source: Chicago Target Cities Methods Report

PETS Adult Study: Analysis and Publications

- PETS presented a 4-paper panel session at the American Evaluation Association last November
 - The papers included longer-term analyses from Chicago, Cuyahoga, and DARC studies
 - Candace Macken moderated
- The PETS 5-article special journal issue of Evaluation Review was published last week
 - Dr. Horton authored introduction
- A PETS Symposium and 2 poster presentations planned for CPDD's June 2001 meeting
 - Dr. Clark to moderate symposium

Adult Papers In Progress, Topic 1: Predictors of Response to Treatment

- Influence of prior substance abuse treatment on criminal justice outcomes
- Interaction of substance use and psychological severity on recovery
- Item-response theory (IRT) analyses of problem markers
- Long-term treatment outcomes for homeless clients
- The effects of untreated mental problems on substance abuse treatment
- Gender differences in pathways to recovery and drug treatment utilization

Adult Papers In Progress, Topic 2: Managing Addiction Over Time: Combined Effects of Multiple Treatments

- Longitudinal patterns of treatment utilization: Influences on current treatment processes and recovery
- Longitudinal patterns of treatment services and outcomes among opiate users
- Use of event history analyses to classify, predict, and evaluate patterns of multiple treatment episodes
- Treatment outcomes: First-time admissions versus treatment experienced patients
- Treatment intensity, counselor assignment, and longitudinal substance use outcomes

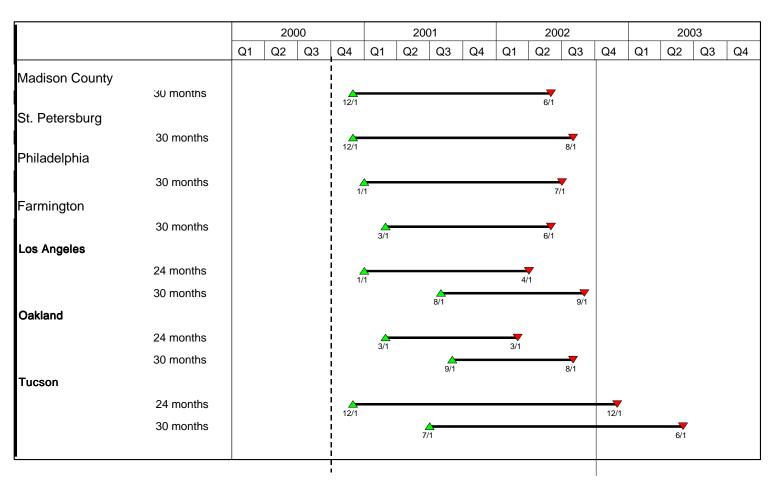
Adult Papers In Progress, Topic 3: Managing Addiction Over Time: Factors Associated With Better Outcomes

- Longitudinal patterns of employment among men and women in treatment for substance abuse.
- The impact of self-help involvement on recovery course
- Accounting for substance use outcomes over a 2-year period: Effects of continuing care, self-help, and other post-treatment factors

PETS-Adolescent (PETS-A) Study Background

- Focused on manual-guided protocols of effective programs that can be replicated
- Includes 4 outpatient treatment sites from CSAT's CYT program (n=600) and 3 residential treatment sites from CSAT's ATM program (n=541)
- Interviews at baseline, 3, 6, 9 (except LA) and 12 months post intake under initial program
- PETS funds an additional interview and urine test at 24 (ATM only) and 30 months
- Follow-up rates consistently over 90% for each wave
- Instruments include the GAIN, urine testing, performance measures, collateral data and other measures

PETS-A Study Schedule



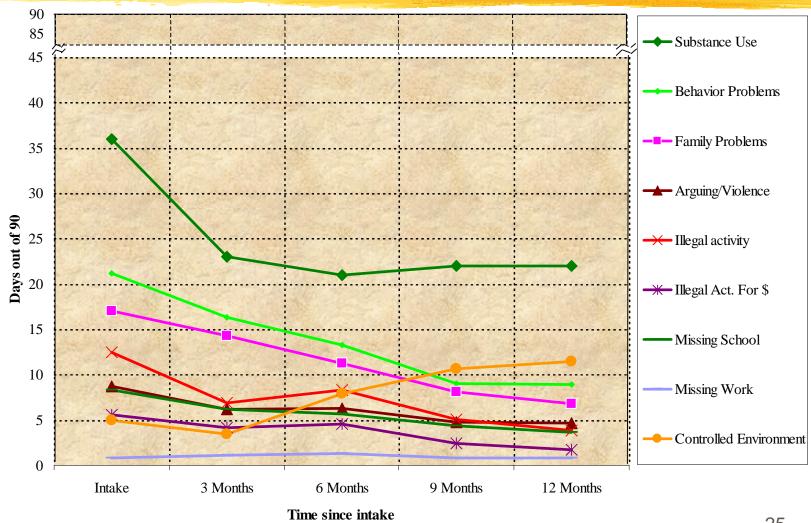
PETS-A Current Status

- The CYT sites have completed all intake to 12 month data collection, keyed the data, and is currently working on its main findings; ATM sites are just completing their 12 month data collection now and will soon start on their main findings
- All PETS-A sites have started collecting follow-up data and are on schedule; data from the first 140 cases will be used to check the new measures and presented at the May 17-18 meeting
- Analytic files from the initial projects will be available this year; the Data from PETS-A will be available in waves as it is collected.

PETS-A Provider Activities

- CYT staff have produce therapy manuals (being released this spring); the ATM staff have produced a book on different models of existing treatment and are completing manuals now.
- Participating agencies have used the data revised and expand their program and services.
- PETS-A staff have been making presentation on the need for adolescent treatment to regional, state and federal provider meetings
- PETS-A staff have also contributed to several newsletters and journals targeted at providers (Tie Communiqué, Student Assistance, EAP)

Persistent Effects of Treatment



Source: Cannabis Youth Treatment (CYT) Study

Change in other GPRA outcomes

GPRA 2 Item	Intake (n=600)	3- Month (n=588)	6- Month (n=580)	9- Month\a (n=462)	12- Month\a (n=413)
		grand 200 Fallandory year			<u> </u>
(a) currently in school or engaged in					
productive activities	87%	87%	84%	86%	85%
graduated high school or received GED	4%	6%	10%	16%	25%
(b) had a permanent place to live in the					
community	100%	99%	99%	100%	100%
(c) had no involvement in the criminal					
justice system	51%	50%	56%	62%	65%
any arrest	8%	4%	3%	2%	2%
any nights in jail	10%	11%	13%	12%	13%
(d) no past month substance related health,					
behavioral or social problems	18%	39%	46%	48%	50%
no past month dependence symptoms	47%	66%	70%	72%	73%
(e) No past month substance use	11%	30%	33%	38%	36%
No past month marijuana use	19%	45%	48%	53%	52%
No past month alcohol use	52%	56%	56%	55%	56%
No other past month drug use	93%	93%	92%	92%	91%
\a Partial data that is being updated now					

PETS-A Current Publications

- Manual Guided Therapy
 - 5 research based manuals and 3 practice based manuals
 - Articles comparing models in terms of population, content, cost, and outcomes
 - Articles and presentation on staff reactions to manuals and quality assurance
- Understanding the Population
 - Newsletters and professional articles on the history of adolescent use and problems, need for treatment, and translating the findings into practice
 - Articles on patterns of comorbidity, HIV risk, criminal justice system involvement, violence, victimization, gambling
- Methodological
 - Validation of self reports to records, collateral reports, therapist reports and urine testing
 - Evaluation of substance use disorder etiology and other subtypes related to outcomes

PETS-A Analysis Plans

- Complete analysis of 12 month data in 2001
- Conduct cross-site and methodological analyses on
 - reasons for continuing to use or quitting
 - validation of instruments, scales, and subtypes
 - I impact of substance use and treatment on executive functioning, ADHD, CD and other co-occurring problems
- Persistent Effects of Treatment
 - evaluation of specific treatment approaches
 - prediction of who will and will not respond to specific approaches
 - long term patterns of use, problems, treatment, and recovery

Strategic Contributions of PETS

- Demonstrate the long term benefits of substance use treatment
- Examine the life course patterns of use, problems, treatment, and recovery
- Identify treatment and other predictors of recovery
- Shift focus from acute care to the long term management of a chronic biologic, behavioral and social condition
- Cross validation of measures and the development of better longitudinal analysis models

Future Dissemination Plans

- Continuing to provide feedback to collaborating providers on long term outcomes
- Continuing to present findings in clinical and provider forums (ASAM, AMTA, NASADAD, state and local associations)
- Continuing to present findings in professional forums (CPDD, AEA, APA, APHA, ASA)
- Continuing to publish findings in journals and peer reviewed literature
- Possible page on CSAT's website

PETS Project: Summary

- All 3 PETS Studies (Cuyahoga, Chicago, and Adolescent) are on schedule, progressing well, and have substantial potential to have a positive impact on the field
- All 3 PETS studies are off to an impressive start on relevant analysis, with a promising list of publication and presentation activity in the works
- PETS results have begun to appear in print and at major conferences, with CSAT leaders in prominent roles
- Major focus on analysis and activities with immediate benefits to the provider community
- Project financing is within budget, but analysis funds are limited